



Sacramento Gender Association

Volume 1 Issue 15

May 1995

**SOCIAL
SATURDAY NIGHT
MAY 13, 1995
MAY 27, 1995
at the**

TOWNHOUSE

(SEE MAP ON PAGE 4)

1517 21st Street
Sacramento, CA

8:30

OPTIONAL DINNER MEETING
AT 7:00
AT THE TEA CUP CAFE

**IT'S NOT TO LATE
TO RENEW YOUR
MEMBERSHIP**

CROSS SECTION

by
Lisa

The site of our new meeting place has been a huge success; our last two meetings there were great, despite a bit of loud arguing between a couple of members on the first gathering. For those of you who haven't come to the Tea Cup Restaurant for a meeting yet, you're really missing out on good food,

(Continued on page 6)

DINNER MEETINGS

Arrangements have been made at The TEA CUP CAFE an Asian restaurant, located at 1614 21st Street, just about 100 yards from the Townhouse (see map, page 4). The Tea Cup is a "straight" location with many families visiting for dinner. It is suggested that members remember where they are and use the facilities with actions in step with the location.

Prices range from \$3.50 to \$12.95 for entrees, and \$7.75 to \$8.75 for combination dinners. In a recent visit by most of the newly elected SGA Board Members we found the food to be excellent. Fresh tasting and vegetables cooked to perfection. An example is their Beef Dinner priced at \$8.75 which includes Mongolian beef, foil wrapped chicken, fried prawns, chicken stick, fried rice, and soup.

Shelby's Musings

by
Shelby Beach

Dinner Meetings

Well, for those of you who have not yet joined us for dinner at the Tea Cup, you've been missing some great conversation and wonderful food. Our hostesses at the restaurant continue to treat us royally and always seem happy to have us return. If you're feeling a little shy about meeting out in a *main stream* restaurant, don't ! It is an extremely comfortable environment, and for the most part no one even seems to notice us. And... if you're a girl who really likes to eat, this place is a "price performer" !

Are You Happy ?

I'm certain that many of you have heard or read this before, but when you're out as a girl you really should try to smile more. If you've spent any time at all studying women's behavior, you'll notice just how much they do smile... at one another or at men, provided that they are aquatinted with them. If you're trying to *pass* (blend, sneak by... you pick the term), then it's all important to smile... A LOT !

The guy I borrow the body from for the weekends, like most guys, hardly ever smiles. Let's face it, guys just don't. Am I sad ? No, not at all, except maybe that I really would rather be wearing a dress (sounds like a great idea for a bumper sticker to me !). In-

(Continued on page 3)

Sacramento Gender Association

Blue Rose Chapter
PO Box 215456
Sacramento, California 95821-1456
Phone (916) 482-7742

The Sacramento Gender Association (SGA) is a non-sexual, membership-based organization serving the educational, recreational, and fun needs of the gender challenged community, their spouses, significant others, family members and professionals. Membership is open to all interested persons regardless of gender or sexual orientation.

BOARD MEMBERS

PresidentAva P
Board MemberWittnie J
Board MemberLinda Lee
Board MemberShelby B
Board MemberBernadette

Newsletter EditorWittnie J
Past President.....Chrissy W

COURTESY ADVERTISEMENTS

Business Cards and other small (business card size) advertisements are provided at NO CHARGE for a three issue period to professionals and business' providing services, support, seminars, or talks. Please patronize these business'

The S.G.A. Newsletter is published the last week of January, March, May, July, September, November. Submissions should arrive at SGA by the 25th day of the previous month. Contents reflect the opinions of the contributors, and are not necessarily those of SGA. Other organizations may reprint or reproduce uncopied portions of the newsletter for their members provided SGA is acknowledged. Copyrighted material may be reproduced with written permission of the writer or author.

Please submit all articles 8.5 x 11 paper, typewritten with 10-14 point type, or WORD 2.0, WordPerfect, or ASCII Text on 3.5/5.25 disk

TREASURERS REPORT

by AVA

Our meetings at the "TEA CUP" have been fairly well attended and all our members that have eaten there like the food and service. The night at Fluffy's also went well and we will schedule other nights there in the future. At our last meeting in April we had an FTM join us for dinner and also go with us to the Townhouse. He liked the group and will try to encourage some of his friends to join us. This is the type of diversity the Association needs to keep it alive and active.

I have downloaded a lot of files from AOL & CompuServe that may be of interest to some of the members and will try to make them available at the meetings. I have taken a collection of

the writings of Terri Main (a post-op t/s) and bound them into a book. Her writings are very informative and to the point. I also have a T/S diary by Melanie Ann Phillips that takes her personal thoughts from starting on hormones until after SRS. I will have these at the meetings if anyone is interested. As I covered the cost of printing them, I will "LOAN" them to members only with a deposit.

Sandra Reishus, the person we did the radio show with, was at our last meeting and ask if we would like to have a special afternoon out on Sunday, May 21. She is giving a talk after a presentation of "The Mandrake" at the

(Continued on page 3)

COMPUTER USERS

Many of our members have computers and are either on Compuserve or AOL. If you would like your address or screen number published for other members

	COMPUSERVE	AOL	INTERNET
AVA P	75224,1767	AVA4SGA	
WITTNIE J	76100,122		76100.122@COMPUSERVE.COM
LINDA LEE	73134,567		
KAY MYERS	75460,234	KENMIII	
SHELBY B	74053,3455		
RENEE L		RL1214	
LINDA KAY			NICK@IX.NETCOM.COM
ANYSE			KJOSLIN@NS.NET

TREASURERS REPORT

(Continued from page 2)

Sacramento Theater Company that day and thought it might be fun to have some of the girls there. The Sacramento Theater Company is the off season location of the Music Circus and is right next to where they set up the tent for Music Circus at 1419 H Strret. The price of tickets is \$22.00 each. If you are interested in attending, please contact me on the association phone as soon as possible.

Ava

JUST CALL ME "Pat"

by Lisa

"Young lady, can you please tell me what time it is?"

That question was addressed to me the other day by an elderly gentleman while I was in a hardware store buying some wood varnish. Since I often shop "en femme", there should be no surprise at being referred to as a female. However, on this occasion, I was still in my "boy" mode; that is, male clothes, no make-up, and hair tied back. This was another incident of "mistaken" gender that has become frequent in recent weeks. A couple of days earlier, I had gone to pick up my dog from the vet after it had been flea-bathed and groomed. Upon bringing the dog out from the back, the handler (a young woman) gave me a quick smile and then turned to my dog and said "I'm going to give you back to your MOMMY now". Again, I was in my male attire (male drag?) without make-up, etc. I thanked her in my basso profundo voice (intentional) and watched her smile freeze on her face.

Perhaps I should not be surprised about these occurrences; the months of hormones and electrolysis have apparently changed my male appearance in a manner that I am now becoming androgynous, somewhat like

(Continued on page 7)

Shelby's Musings

(Continued from page 1)

stead, when guys are happy they yuk it up with their buddies and slap one another on the back (borrrring!).

It has never ceased to amaze me just how effective smiling can be. As guys, we never learned that. For most women growing up, it quickly became normal behavior, perhaps related to their supposedly having to be subservient to men. Of course, it works pretty good when they want something to. A smile says "I'm OK" and "You're OK." It is an incredibly disarming device. As soon as you do it, any suspicions that someone may have had about you quickly melt away. If you're smiling (assuming you don't look like the cat that just swallowed the canary), people will think that you don't have anything to hide or be afraid of.

Several weeks ago, one of the girls (who shall remain nameless, since I don't have her permission to implicate her) and I wandered into the Pepper Mill following a movie at about midnight. As we walked through the door, the girl at the hostess station looked up with a gleam in her eye as much to say, "My, my, what have we here?" Of course, anyone who knows me knows that I can't *sneak* by anyone. So, I looked right at her, flashed her the biggest smile I could and kept right on going. She immediately returned the smile and went back to what she was doing without even a second glance. Trust me it works.

There's another time that a smile can be quite effective. I'm sure

many of you have been out and noticed someone staring at you, perhaps trying to figure out just what's going on. The best thing you can do is look right at them and smile. This serves two purposes: first of all, as I mentioned above, it indicates that you have nothing to hide and that everything's OK; second, you've now caught that person looking at you and they not only have to quickly look away, but can't really chance getting caught again. Problem solved! (Note: I make no guarantees in the case of teenagers!)

So let's say you're not generally out trying to mix in public. That's OK. You should still smile. Are you happy wearing a dress? Then smile! I sometimes think that some of us have the attitude (I'm sure I have at one time or another) that we need to look miserable. It's as though someone is making us do this (the devil?), and we'd better not appear as though we're enjoying it too much. Hence, a nice big frown seems appropriate. Come on, as much as some of us wish we were forced to wear a dress, it's just not the case. Enjoy yourself... you know you're having a good time in those sexy outfits!

Note: Should anyone attending the meetings actually be there under duress (under the dress?), let me know and I'll be happy to write a note to whomever swearing that you were at the meeting in a mini-skirt. You may then go join the boys for a beer in your Levis (again, borrrring!).

(Continued on page 7)



FLUFFY'S RERUNS

Consignment Store for
Full Figured Women

5409 Palm Ave.
Sacramento, CA 95842

344-4813



ESPRIT

You are most cordially invited to enjoy the fun and frolic of the Pacific Northwest at

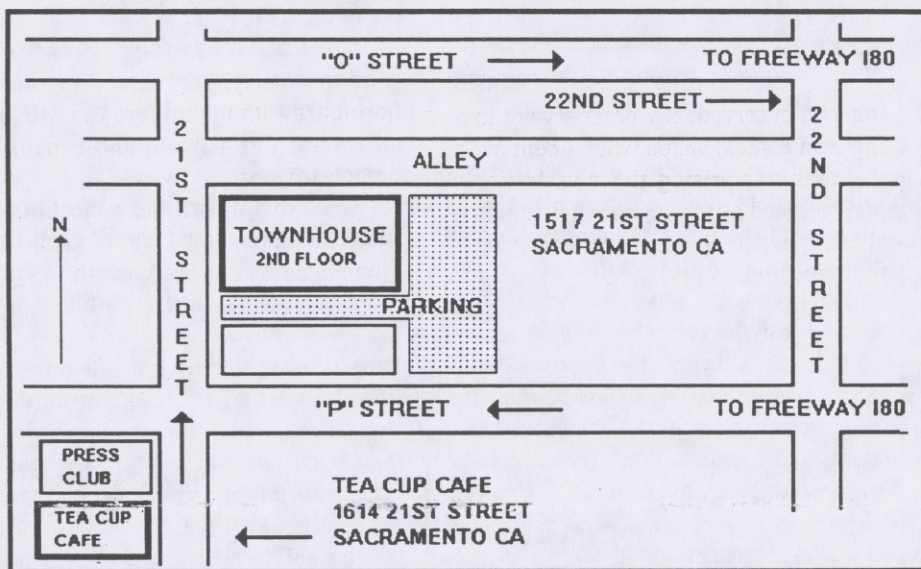
The Red Lion
Bayshore Inn
Port Angeles, Washington

MAY 17 - 21

Sponsored by:
The Emerald City,
(Seattle)
NWGA
(Portland)
Cornbury
(Vancouver BC)

Come and enjoy an ocean cruise, High Tea in the proper British tradition, Las Vegas Night, Jim Bridges boutique, classes, speakers, dining and dancing. For reservations write:

PO Box 873 KIRKLAND, WA 98083



GENDER RELATED GROUPS & ACTIVITIES

Pacific Center for Human Growth

A counseling oriented growth center, sponsors all-inclusive gender support groups on every Friday except the last Friday of the month at 8:00 PM. 2712 Telegraph Avenue, Berkeley. Call (510) 841-6224

Rainbow Gender Association (RGA)

Meets the 1st and 3rd Friday of the month 8:00 PM at the New Community of Faith Church, 6350 Rainbow Drive, San Jose. Write RGA, PO Box 700730, San Jose, CA 95170. Call (408)984-4044

Diablo Valley Girls (DVG)

Meets 1st Tuesday and 3rd Monday of every month 8:00 PM at Just Rewards Nightclub, 2520 Camino Diablo in Walnut Creek. Write DVG, PO Box 272885, Concord, CA 94527-2885. Call (510) 849-4112

The Tenderloin Self-Help Centre

(a project of the Central City Community Hospital House funded by the Community Mental Health Services) Meets every Wednesday, 4-6 PM, at 191 Golden Gate, San Francisco: Call (415) 554-0518

F.T.M.

A support group for Female-to-Male crossdressers and transsexuals, holds both open Informational Meetings and closed Support Meetings. Write: FTM, 5337 College Avenue #142, Oakland, CA 94618. Call: (510) 827-2646

Educational TV Channel (ETVC)

The largest organization of this type in Northern CA providing a wide variety of support including: rap groups, a SO support group, print & video libraries, outreach, educational, and lots of social activities. Write:ETVC, PO Box 426486, San Francisco, CA 94142-6486. Call: (510) 549-2665 or Voice-Mail (415) 334-3439.



COURTESY ADVERTISEMENT



CAROUSEL AVIATION

"GIRLS STORE, CATALOGS & BBS"

Linda Lee

PO Box 8250, Red Bluff, CA 96080

Or Call Linda Lee at Her Store

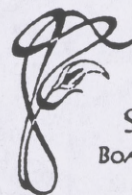
(916) 527-9303

A CROSSDRESSER
BUILDING A BUSINESS
ON A FEW SIMPLE RULES: DISCRETION, CARE, HONEST RETAIL PRICES, FINEST QUALITY,
PRODUCT GUARANTEES, SELECTION, AND SERVICE.

RULE #1: START WITH A FREE CATALOG

SGA Member

Home Of California's North State Gender Association

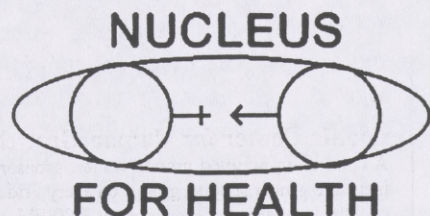


916.452.3231
Voice & Fax

SANDRA REISHUS, A.C.S.
BOARD CERTIFIED CLINICAL SEXOLOGIST

1403 28TH STREET, SUITE 206
SACRAMENTO, CA 95816

INDIVIDUALS ▼
COUPLES ▼
GROUPS ▼



Last month I covered how our body's chemical "messengers" called hormones worked and how certain plants produce the same estrogenic chemicals called phytoestrogens. I want to add that both the female and the male's pituitary glands produce small amounts of the same hormones in both sexes.

These same messengers then proceed through the systems of both sexes with the sole purpose of influencing the hormone production of the target glands. The sex glands or gonads (ovaries in a female and testes in the male) then determine which hormones we assimilate and then they produce these hormones in much greater amounts (testosterone in a man and progesterone and estrogen in a woman). In the male excess female hormones are filtered through the liver and in the female excess male hormones are filtered through the gall bladder. It has been said that some males with severely damaged livers from alcohol consumption tend to become more feminine in appearance.

Women over 40 face a reduction of female hormones as the pituitary gland sends out fewer messengers. Chinese have used for centuries preparations containing a mixture of Dong Quai and Vitex which help the menopausal woman utilize the small amount of estrogen they still produce. Much in the same way these two herbs can also help the male to female transsexual utilize the small amounts of estrogens already existing in his system before they are filtered through his liver.

The balance of this column will be devoted to my experience with the use of natural plant estrogens. I started using Black Cohosh (*Cimicifuga Racemosa*), which contains the richest source of phytoestrogens, last October

after reading of the success others were having with it. From my past experience with the use of herbs I knew that it is best to start taking a new substance in moderation and to become acutely aware of any changes it might produce.

So I started taking two 421 mg. capsules three times a day. After the first seven days I began experiencing an enjoyable tingling sensation throughout my body in the cells just below the skins' surface. I did not notice the occurrence of headaches, stomach ulcers, or varicose veins, the three symptoms that have been reported with excessive use of this herb.

By the third week I noticed a tenderness around the breasts' nipples and a slight increase in breast size. At this time I started taking one 565 mg. capsule of Dong Quai (*Angelica Sinensis*) three times a day with the Black Cohosh. This combination is supposed to increase the body's own production of estrogens as well as lessen the negative effects mentioned above.

By the third month the following was observed: my breasts were taking on a conical shape when I bent over; the cells comprising the muscle tissue had softened and were not as firm to the chest; new fat tissue was locating under the arms and around the breasts; my facial hair was growing slower; the skin seemed softer. During this month I started with a progesterone cream and added to the above dosage: one capsule of Mexican yam extract; and one 650 mg. capsule of Vitex (Chaste Tree fruit, *Vitex Agnus-Castus*).

By the fourth month, February, I noticed that the veins in my legs were feeling pressure and the vein next to my left knee was protruding for the first time. My electrologist said that the swelling that was occurring after a session with her was caused by an excessive amount of hormones. I cut back to two Black Cohosh and one each of Dong Quai, Vitex, and Mexican yam per day and the vein symptoms dissipated.

Because, I was going in for my first cataract operation in March I decided to continue on this reduced

dosage till after the operation. Two weeks after a successful operation I stepped up to twice a day with the above stated dosage. No negative effects were noted.

April, the sixth month, I had the following observations: it now took 4 days for my beard to get as long as it did in two days; I still had some swelling after electrolysis; the varicose veins had not reappeared; the breasts were still very sensitive but were not showing visible growth which was due in part to the loss of 30 pounds since the holidays during an intense diet I was on (the fat cells are the principle receptors of the hormones); my electrologist said my skin was noticeably softer; my testes were smaller and I had less frequent male desires; all my muscle tone was noticeably softer.

After my second cataract operation in May I plan to increase the above mentioned dosage to three times a day again. I'll report further observations as they occur for it is hoped by sharing my experiences in using herbal hormones with my readers you will gain an insight into the use and benefits of phytoestrogens.

Next month the subject of progesterone and the Mexican yam. Till then have fun and good health!

Tina Louise

MEDICAL NOTE

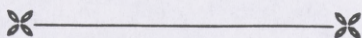


Sheryl Ann called the other night and brought up something that we might think of from time to time. She had a bad eye infection lately and believes the culprit was her old eye make up. Our girls don't use eye make up as often as most women and tend to hang on to it longer than is healthy.

Beauty magazines recommend that eye make up be changed every six months and should never be loaned or borrowed. Once the factory seal is broken the aging process begins and after it's first use fungus starts to grow. At the first sign of any eye infection discard all eye make up and purchase new.

*(Continued from page 1)***CROSS SECTION**

efficient service, a safe and friendly environment, and wonderful dinner companions. Dinner for our group starts at about 7:00 and lasts until about 9:00. And don't worry about the other patrons; there is virtually no one else. (This is a mystery, since the food is genuinely quite good). Anyway, hope to see you there for our next meeting.

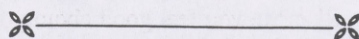


Congratulations to our own Linda Lee for her daring and successful comedy routine last month at a (get this!) rodeo gathering at a bar. Yep, we're talking rawhide, tobacco juice splatters, ornery steers, lots of bullshit (and horseshit), and of course, them cowpokes. Not only did our courageous funny girl leave the place alive, she also had those cowboys rolling on the ground in stitches - which is something they also do when they fall off the bulls.

I also heard that she got an offer to perform (for money, no less!) in a supper club at a lakeside resort. Get

your autographs now, we may have a budding comedic superstar amidst our group.

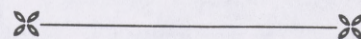
All right, Linda Lee!



I went clothes shopping with Shelby at a Weinstock's sale during the last Saturday of April. Let me tell you, that gal can shop! For those of you who may not notice these things, Shelby is quite the fashion plate at our meetings, and now I know why. During our little excursion, she demonstrated an unerring eye for putting colors and styles together to come up with some absolutely stunning outfits. Her great sense of fashion helped me find a couple of cute little skirts and a nice sweater; I doubt I would have picked these up on my own. I really don't remember how many things she got for herself, but she did leave the store with an armload of shopping bags. I almost didn't make it out of the store at all; that was because the store clerk who sold me the sweater forgot to remove the alarm tag, which caused the sirens to go off just as I was exiting. My luck - the first time this kind of thing happens to me and I'm

dressed as Lisa. Fortunately, instead of ending up in the basement being interrogated by some burly store detectives, Shelby and I cleared up the matter with a couple of clerks near the exit. Thank God I didn't lose that receipt!

Other than that bit of unwelcomed excitement, this shopping trip was a blast!



Some of us are also members of the DVG (Diablo Valley Girls), which is a sister organization located in Walnut Creek. This is a group with many nice and well-informed members; all of my few visits out there were memorable and fun. According to their newsletter, this May 15th (a Monday) will be their 4th anniversary bash. If any of you have the time and don't mind staying up late on a weeknight, then I strongly suggest that you go check this out. The DVG heartily welcomes newcomers and guests, and all the members are very friendly.

The meetings are held at bar called Just Rewards, located at 2520 Camino Diablo in Walnut Creek. It's a

(Continued on page 7)

MEMBERSHIP APPLICATION

Last Name	First Name/MI	Female Name
Address		
City	State	Zip Code
Telephone	Birth Date	Today's Date

CAN YOU RECEIVE MAILINGS	(YES)	(NO)
CAN YOU RECEIVE PHONE CALLS	(YES)	(NO)
DO YOU HAVE A COMPUTER	(YES)	(NO)
CAN YOU RECEIVE E-MAIL	(YES)	(NO)

MEMBERSHIP YEAR FROM MARCH 1 TO FEBRUARY 28/29

MAIL TO:

S.G.A.
PO Box 215456
Sacramento, CA
95821-1456
or
Present to AVA
at any meeting.

SINGLE MEMBERSHIP	\$ 20.00
COUPLE MEMBERSHIP	\$ 35.00
NEWSLETTER ONLY	\$ 12.00

E-MAIL	ADDRESS
COMPUSERVE	
AOL	
INTERNET	

AMOUNT ENCLOSED	
-----------------	--

(Continued from page 6)

little tricky finding this place, so calling their hotline at (510) 937-8432, for directions is recommended. I realize that it's a bit of a drive (90 minutes one way), but I've never regretted ever going. Any ideas for carpooling?

Lisa

(Continued from page 3)

JUST CALL ME "PAT"

the "Pat" character on Saturday Night Live. Don't get me wrong, I'm not complaining. It's just that my male life is still needed to pay the bills and maintain a lot of "mainstream" friendships. So, I spend a vast majority of my time in the "guy mode" (yuk!), and this appearance issue can complicate things. For now, I have to keep one foot in the male world while the other foot tiptoes further into the female world.

To get by as a guy, I sometimes find myself resorting to an old F-to-M trick of putting dark eyeliner into my chin and mustache areas and smudging it in. My bust line has increased somewhat, but I remain within normal male variation; however, in a few more months, that could change. Is breast binding next?

The irony of all this is that after all these years of trying to pass as a female, I'm now having some trouble passing as a male. The good part is that these incidents are doing wonders for Lisa's confidence. And of course, the physical changes will help her when she finally starts RLT.

By the way, I did tell the time to the old guy in the hardware store. But I used my softer, fem-resonant voice in doing so - I guess I was afraid for his possible heart condition.

YOUR LAST NEWSLETTER!

THIS MAY BE YOUR LAST NEWSLETTER IF YOU HAVE NOT RENEWED YOUR MEMBERSHIP

Shelby's Musings (Continued from page 3)

Feeling Good

Here's a little piece of prose by way of Kimberly Anderson on Prodigy. Hopefully, it will make you feel good about yourself. Until next month, take care and really do try to smile more (if nothing else, it will make people wonder what you've been up to!).

A river of peace runs through my soul and calms my troubled heart. When the world seems so cold, I will look inside myself for the warmth that will soothe. I have come to terms with myself. I know who I am and accept myself as I am. There is no longer any condemnation in my heart towards myself nor those who have denied my existence. I will surely lose loved ones in this process of growth and that will sadden me deeply but better to lose those less I lose myself. For I was lost for so very long. Caught between two worlds with no where to belong. Trying desperately to be the man that the world saw and at the same time trying to deny the woman inside. I will not become lost again. I will look to my heart for direction and will be true to myself. There is no turning back now for I have tasted the fruit of wholeness and it is sweet upon my tongue. I know now, that I am a woman heart and soul and although the world may see me differently, I know who I am.

TO DO LIST:

- ♥ I will not deny who I am or how I feel.
- ♥ My worth will not be judged by what others think.
- ♥ I will be fair and good to me, treating myself with respect and compassion.
- ♥ I am not responsible for another's unhappiness or their inability to accept me for who I am.
- ♥ I will find peace from within myself and deny what others tell me to feel.
- ♥ Patience will be my guide, taking one step at a time.
- ♥ When both feet are firmly planted, the next step will come.
- ♥ I will dwell in the calm of the quiet sea within and let the river of peace flow from my heart.

One of A Kind

For Hair, and Nails

Jacque

BY APPOINTMENT ONLY

344-0770

5425 Palm Avenue • Sacramento, California 95841




Nails by Denise

ACRYLIC
FIBERGLASS
MANICURES
NAIL REPAIR

344-0770

Sacramento Gender Association

May 95

SUN	MON	TUE	WED	THR	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	Dinner 7:00 TEA CUP CAFE 13 Social 8:30 TOWNHOUSE
14  MOTHER DAY	15	16	17 MID MONTH SOCIAL CALL AVA	18	19	20
21	22	23	24	25	SPECIAL MEDICAL DISCUSSION AT DINNER MEETING BY MINDY OF AVILA	Dinner 7:00 TEA CUP CAFE 27 Social 8:30 TOWNHOUSE
28	29 LABOR DAY	30	31			



DINNER MEETINGS
THE TEA CUP CAFE
1614 21ST STREET



Lambda Community Center
Sacramento, CA

June 95

SUN	MON	TUE	WED	THR	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	Dinner 7:00 TEA CUP CAFE 10 Social 8:30 TOWNHOUSE
11	12	13	14 MID MONTH SOCIAL CALL AVA	15	16	17
18 FATHER DAY	19	20	21 FIRST DAY OF SUMMER	22	23	Dinner 7:00 TEA CUP CAFE 24 Social 8:30 TOWNHOUSE
25	26	27	28	29	30	

Library

NOW MEETING AT
TOWNHOUSE

1517 21st STREET

(On the east side of 21st Street just North of P Street)